

Love On The Run

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Levi J. Hubbard (USA)
音樂: Caribbean Queen - Billy Ocean



This dance is dedicated to my Mom, who loves this song and asked me to choreograph a dance to it.

SYNCOPATED CROSS-BALL ROCKS, MAMBO FORWARD, MAMBO BACKWARDS

1 Right - cross step on (ball of) foot in front of left foot, while slightly lifting left foot off floor
& Left - lower foot back to floor
2 Right - step back in place
3 Left - cross step on (ball of) foot in front of right foot, while slightly lifting right foot off floor
& Right - lower foot back to floor
4 Left - step back in place
5 Right - step (rock) slightly forward, while slightly lifting left foot off floor
& Left - lower foot back to floor
6 Right - step back in place
7 Left - step (rock) slightly backward, while slightly lifting right foot off floor
& Right - lower foot back to floor
8 Left - step back in place

(2) ¼ TURNS (LEFT) WITH HIP ROLLS, VINE (RIGHT) WITH ¼ TURN (RIGHT), HITCH

9 Right - step slightly forward
10 On (balls of) both feet pivot ¼ turn left
11 Right - step slightly forward
12 On (balls of) both feet pivot ¼ turn left
On counts 9-12 roll hips to the left ending with weight on left foot
13 Right - step to side
14 Left - cross step behind right foot
15 Right - turning ¼ turn right, step forward
16 Left - hitch up knee

(2) STEPS BACKWARDS, COASTER STEP, MODIFIED KICK-BALL CHANGES

17 Left - step backwards
18 Right - step backwards
19 Left - step backwards on (ball of) foot
& Right - step together on (ball of) foot
20 Left - step forward
21 Right - turning body 1/8 turn right, kick foot diagonally forward across left foot (keeping head forward & dropping right shoulder slightly down, left shoulder up)
& Right - step together on (ball of) foot (turn to face forward)
22 Left - step slightly forward
23 Right - turning body 1/8 turn right, kick forward diagonally forward across left foot (keeping head forward & dropping right shoulder slightly down, left shoulder up)
& Right - step together on (ball of) foot (turn to face forward)
24 Left - step slightly forward

Arm styling for counts 21 and 23: when kicking forward, bring right arm up in ½ circle left punching fist upwards while punching left fist diagonally towards floor

Arm styling for counts &22 and &24: bring left arm up to middle chest, while punching right fist diagonally towards floor

(RIGHT & LEFT) LUNGES WITH HIP ROCKS, STEP TOGETHER, HOLD

25 Right - step out to side in a lunge, while bumping right hip to side
& Left - shift weight to foot & bump left hip to side
26 Right - shift weight to foot & bump right hip to side
& Left - shift weight to foot & bump left hip to side
27 Right - bring foot back next to left
28 Hold for (1 count) while clapping hands together
29 Left - step out to side in a lunge, while bumping left hip to side
& Right - shift weight to foot & bump right hip to side
30 Left - shift weight to foot & bump left hip to side
& Right - shift weight to foot & bump right hip to side
31 Left - bring foot back next to right
32 Hold for (1 count) while clapping hands together

REPEAT
